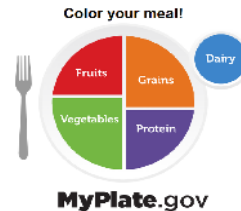




NO COOK CHOCOLATE PUDDING

 @Gleanersfan



Ingredients:

2 avocados, ripe, peeled, cubed

1/4 cup unsweetened cocoa powder

2 tablespoons honey

1 banana, peeled, cubed

1/4 cup skim milk or milk alternative

1 tsp vanilla extract

Directions:

1. Mix all ingredients together in a blender or food processor until creamy and smooth. Adjust texture and flavor by adding more cocoa powder or milk.
2. Spoon into individual cups if you want to be fancy. Chill in the refrigerator for 20 minutes (or eat right away if you can't wait!).
3. Top with your favorite fruit or sprinkle some toasted nuts or coconut on top.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

F.O.R.
Food and Other Resources
HELPLINE




For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

 Operado por el Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

F.O.R.
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

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Scan the QR code below for more resources!



linktr.ee/GleanersKitchen

Text **HEALTHYEATS** to 833-956-1009 to get text alerts for classes, nutrition tips, recipes, and